FIRE

NEWPORT BEACH FIRE DEPARTMENT

ABC's of POOL SAFETY

A - Adult Supervision - Assign a "Water Watcher"

- Assign an adult "water watcher" who can swim to specifically watch the water.
- Designate an adult to supervise the children in and around the pool/spa area especially during social gatherings.
- Never leave children in or around a pool unattended not even for one second.
- Remove children from swimming pool/spa area for any distractions such as a telephone call or use of restroom.
- Do not rely on flotation devices. They should not be used as a substitute for adult supervision.
- Post pool address and emergency number.

B – Barriers

- Install and maintain proper fencing around the pool to isolate your swimming area from the home and play area.
- Use multiple layers of protection such as safety covers, gate alarms, door alarms and motion-detection devices. Inspect them monthly.
- Make sure all gates are self-closing, self-latching and open outward away from the pool.
- All objects that allow a child to climb up to reach the gate latch or climb over the fence should be removed or kept inside the fenced area.

C - Classes - "CPR"

- Learn CPR, first aid and rescue techniques.
- Attain swim skills through on-going qualified instruction.
- Keep rescue equipment such as a shepherd's hook, life-saving ring and CPR sign mounted by the pool to instruct others.
- Learn proper behavior in and around the water.

What To Do If A Child Falls Into A Pool!

- Yell for help and check the scene to make sure that you can safely help the child.
- Get the child out of the pool and onto the pool deck.
- Check for consciousness by tapping and shouting, "are you okay?"
- If someone is with you, have them call 9-1-1. Determine if the child is breathing: tilt the head back, if you don't hear or feel breathing or see the chest rising, give two (2) Rescue Breaths then check for a pulse.

Begin Rescue Breathing or CPR immediately and continue until emergency help arrives.

• If you are alone and the child is not breathing and/or does not have a pulse, start Rescue Breathing or CPR immediately. After one minute, call 9-1-1. Return to the child and continue CPR until help arrives.

Newport Beach Fire Department

www.nbfd.net

Lifeguard Business 949-644-3104 Fire or Medical Emergency 9-1-1